

4. A composition according to claim 1 further comprising at least one fragrance, in particular the "glacier SG 809A" fragrance, at a concentration lying in the range from about 0.5% to about 5% by weight.
5. A composition according to claim 4, said composition further comprising at least one surface active agent selected from anionic surface active agents, at a concentration from about 1% to about 10% by weight.
6. A composition according to claim 5 said composition further comprising at least one thickening agent ~~selected~~ selected from the group consisting of xanthan gums and carbomers at a concentration from about 0.2% to about 10% by weight.
7. A composition according to claim 5 wherein said composition further comprises at least one conditioning polymer.
8. A composition according to claim 5, said composition further comprising a lustering agent, said lustering agent selected from the group consisting of sodium laureth sulfate, glycol distearate and a mixture of sodium laureth sulfate and of glycol distearate, at a concentration from about 0.1% to about 1% by weight.
9. A composition according to claim 5 said composition further comprising lauryl betaine, at a concentration from about 1% to about 10% by weight.
10. A composition according to claim 5 said composition further comprising surface active agents selected from the group consisting of sodium laureth sulfate, ammonium laureth sulfate and lauryl glucoside and mixtures thereof, such that the total concentration in surface active agent in the by weight.
11. A composition according to claim 5 wherein said composition further comprises at least one hydrating agent, in particular glycerol and/or polyethylene glycol, at a concentration lying in the range 1% to 20% by weight.
12. A composition according to claim 5 said composition further comprising at least one buffer, a dye, an anti-oxidant, and/or a preservative.
13. A composition according to claim 5, adapted for use as a shower gel.
14. A composition according to claim 5 comprising the following compounds in percentage by weight:
- |                                 |        |
|---------------------------------|--------|
| - Water                         | 62.92% |
| - Sodium laureth sulfate        | 12%    |
| - Hydroxypropyl methylcellulose | 0.5%   |
| - Sodium cocoyl isethionate     | 7%     |
| - Ammonium lauryl sulfate       | 3%     |
| - Lauryl glucoside              | 1%     |
| - Lauryl betaine                | 4%     |
| - Polyquaternium-10             | 5%     |
| - Polyethylene glycol (PEG)     | 2%     |
| - Preservative(s)               | 0.5%   |
| - Fragrance                     | 1.5%   |
| - Menthyl lactate               | 0.5%   |
| - Menthol                       | 0.08%  |
15. A method of simultaneously cleansing and freshening the skin comprising applying a composition according to claim 1 to the skin.
16. A method according to claim 15 wherein said composition is used as a shower gel.
17. A method according to claim 15 wherein said composition is used as a foaming gel for the face.
18. A composition according to claim 4 wherein said fragrance is glacier SG 809A in a concentration n from about 0.5% to about 5% by weight.